

Aquatics Program

Fair Swim Center, 1350 Bacchus Dr.

Phone: 408-277-2291

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Supervisor: Katie Crowder

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Camden Pool

3369 Union Avenue

408-369-6444

Minimum Height Requirement: 42"

Lap Swim

Camden Pool offers Lap Swim times year round Monday-Saturday.

Camden Pool-Lap Swim

- Open to adults. Mature teens at least 13 years of age may also swim when the session is not full if accompanied by an adult 18 years or older for the entire duration of use. No children allowed at pool side while adults use the facility.
- At selected times fewer than eight lanes may be available.
- Center is not responsible for lost or misplaced passes.
- No food, drinks, or smoking allowed on the pool deck.
- Kickboards, hand paddles, etc., are available for use.
- Bring your own towel, lock, and amenities.
- We reserve the right to refuse entry.

Hours:

Monday-Friday: 6:30-8:30am
11:30am-1:30pm, 5:30-7:30pm

Saturday: 9-11am

Closed 10/10 & 11/11 for City Holiday

One time drop-in:

Adults - \$3.00

Senior/Youth/Disabled - \$2.00

10 visit pass: Adults - \$22.50

Senior/Youth/Disabled - \$15.00

Water Exercise

\$106

This class is a basic water exercise program developed to promote overall fitness, muscle conditioning, and body stretching. This class will use walking exercises, the natural resistance of the aquatic environment and and flotation equipment.

Pool Closed 10/10, 11/11

Course#	Day	Date	Time	Age	Mtg.	Loc.
4032.502	M/W/F	9/12-11/18	9:30-10:15am	18+	28	CM

Water Fitness

\$75 M/W • \$106 M/W/F

This is a high-energy exercise class, which promotes cardio endurance and muscle strengthening with the use of interval training, flotation equipment and resistance training.

Pool Closed 10/10, 11/11

Course#	Day	Date	Time	Age	Mtg.	Loc.
4032.501	M/W/F	9/12-11/18	8:30-9:15am	18+	28	CM
4032.503	M/W	9/12-11/16	6-6:45pm	18+	19	CM

Fair Swim Center

1350 Bacchus Dr.

408-277-2291

Minimum Height Requirement: 36"

Lifeguard Training

\$170

Includes First Aid and CPR for the Professional Rescuer-This class is designed to prepare individuals to recognize aquatic emergencies, act promptly and appropriately, perform rescues and techniques used by lifeguards, and perform first aid and CPR. Prerequisites: 15 years old, swim 500 yards continuously, and retrieve and object from 7 feet of water. Attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit, and towel to class.

Course#	Day	Date	Time	Age	Mtg.	Loc.
4022.601	T/Th	10/4-10/15	5-9pm	15	6	FA
	Sa		9am-5pm			

Water Aerobics

M/W/F \$106 • M/W \$75

Aerobics in the water offers all the benefits of land aerobics while cushioning the body from impact and providing resistance during all movements. Classes can be adapted to meet your needs.

No Class 10/10, 11/18

Course#	Day	Date	Time	Age	Mtg.	Loc.
4022.610	M/W/F	9/12-11/18	10-10:45am	18+	28	FA
4022.611	M/W	9/12-11/16	6-6:45pm	18+	19	FA

Water Safety Instructor

\$190

Includes Fundamentals of Instructor training. This class is designed to teach participants the skills of successful swimming instructor. Participants will learn how to evaluate students' progress, plan effective swim lessons, and make accommodations for students with disabilities. Prerequisite: 16 years old and successful completion of pre-course test. Attendance is mandatory for certification. Fee includes class materials. Bring ID, swimsuit, and towel to class.

Course #	Day	Date	Time	Age	Mtg.	Loc.
4022.602	M/W	9/12-9/24	5-9pm	16	6	FA
	Sa		8:30am-5:30pm			

Fair Swim Center Lap Swim

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Hours:

Monday-Friday: 7:15-8:45pm

Closed 10/10 & 11/11 for City Holiday

One time drop-in:

Adults - \$3.00

Senior/Youth/Disabled - \$2.00

10 visit pass: Adults - \$22.50

Senior/Youth/Disabled - \$15.00